

QC

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Christmas village started with a simple bakery **P. 24**

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Hilton DoubleTree's chef is all about local ingredients **P. 28**



HEALING AND HEARTSTRINGS

HER PAST ROCKED BY MISFORTUNE,
MANDY RINGDAL IS FINDING HOPE
AS A SONGWRITER IN COUNTRY MUSIC

P. 6

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ON THE COVER P. 6



Country singer Mandy Patinkin begins writing songs as a way to deal with personal loss and her partner calls her 'Shel'. She's now turning heads across the province with her work. **QC PHOTO BY MICHAEL BARR**

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MY FAVOURITE PLACE P. 5



Jason Cochran in the Saskatoon office in Regina has his favourite place in the city. **QC PHOTO BY BOB HEALY**

QC COVER PHOTO BY BRYAN SCHLOSSER

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IN THE CITY

SUNDAY, DECEMBER 15 — 9:28 A.M.

Cool runnings



Runners braved the morning chill in Massena Park in Regina on Dec. 15. (COURTESY OF MICHAEL BELL)

YOUR FAVOURITE PLACE
QC wants to hear about your favourite place in Regina. Email QC@leaderpost.com

MY FAVOURITE PLACE

SaskMusic's mandate rings true for local fan

By Andrew Matto

Three Cochrane knows a little bit about public relations and music. As a social-media guru at a Regina marketing and advertising agency, Cochrane also sits on the board of SaskMusic, a non-profit agency that supports Saskatchewan artists. Cochrane supports the SaskMusic mandate, but he also thinks it's *Dominion Avenue* days in Regina reflect the history, quality and depth of Saskatchewan music. He also thinks it's just a cool place to visit.

QC: Why are you such a big supporter of Saskatchewan music?

A: I am a second-term board member at SaskMusic and I have fallen in love with Saskatchewan music in several different ways. Not only am I impressed with the quality of the music that comes from artists in the province, I am also impressed with the personalities and the people I have met who are behind the music.

QC: Why do you like the Regina location so much?

A: I love the SaskMusic office. I go there about once a month for board meetings. I love it because it is in the Warehouse District. I love the fact that when you walk into the SaskMusic office, you are walking into the past, present and future of the Saskatchewan music industry.

QC: What is the office like?

A: There are recently hanging on the walls like the one from *Hangxiety* and the *Discography*. They were one of the first acts to perform at the first *Regina Folk Festival* in 1987. Their place in the history of Saskatchewan music is very important. There is an entire wall of CDs. It's all perfectly organized and categorized by artist name and it's in alphabetical order. It is impressive to see a wall of Saskatchewan artists.

QC: Is there anything else that stands



Sean Cochrane favourite place in Regina is the office of SaskMusic, a non-profit agency that supports Saskatchewan artists. QC PHOTO BY DON HEALY

out for you in the office?

A: There is also a platinum record for the Sheepdogs. Lesia and I have hung it on the wall. It looks great and it's important because of the whole 1980s deep story, the *Belling Stone* cover and how the whole province understood the band... that is what I find, in general, about Saskatchewan, people really go behind each other.

QC: How long has SaskMusic been in existence?

A: They have been around for more than 30 years and they go out of their way to celebrate success. All over the years, there are posters from

events that they have been involved with... things they have put on over the years.

QC: What are the people like?

A: The space has character but when you go there, everyone is so welcoming and friendly. And they are so knowledgeable about music. He is a music lover who appreciates Saskatchewan music, it's the perfect place to go if you want to learn more about Saskatchewan music or learn what's going on with Regina artists and that kind of thing. It's great for us to have such a welcoming space. It's not a corporate, bland-covered

music. It has that atmosphere in it that makes you want to stick around.

QC: How like it because of what the place stands for as well as how it's decorated?

A: I love going there for its character and the future it represents.

QC: What's new at SaskMusic these days?

A: You have to check out the MusicBible site. It's a central hub where music producers and others can go online and have access to music press releases and whatever else a band wants to put up there.

It's essential. It's a drop box for Saskatchewan artists. It's such an innovative idea.

QC: How have you contributed to SaskMusic?

A: The reason I have such a passion is because of an event that I participated in last winter. *Dominion* in Regina approached me to program music for the downtown skating rink. And I thought 'what a great opportunity to feature Saskatchewan music.' So I did what was called the 'State to Sask soundtrack.' I had 60-plus artists send me songs — everything was just exceptional.

ON THE COVER

I'm not the greatest singer in the world, but I love writing songs. — Mandy Ringdal

COUNTRY MUSICIAN

Songwriting helps Ringdal through hard times



Country musician Mandy Ringdal shows here at the 'Bird & Flag' in Saskatoon, began playing music, two years ago as a way of dealing with her ovarian cancer diagnosis. Photo by Scott J. Little.

By Ashley Martin

It's a long way from Nashville to a community in the middle of the prairies.

But Mandy Ringdal is used to journeys. She's on a hard one right now.

"People would be surprised what

they can get through. When you're faced with it, you just kind of do what you have to do and find ways through it," she says.

Nashville felt like home when the fledgling country musician visited in November of 2011. As soon as the plane touched down, the small-town Saskatoon was just as in her

element. Over five days, she visited Broadway and the Grand Ole Opry. She recorded a demo at a studio where Jewel and Miranda Lambert had recorded, just her and a guitar.

"I would love to live in Nashville. I loved it down there. It felt like home," says Mandy.

But her real homecoming was two

years ago, when she moved from Saskatoon back to Herxleben, poppy farmland 56 km. north of Outlook and Davidson. And her first real studio experience was this spring in Regina, when she recorded *A Glimpse at Teacupwood Studios*, an opportunity through *Dance4 Teacupwood* for Devotion, a program

that grants wishes for women living with cancer.

"It was very surreal," says John Baker, who produced the three songs. "That day we did her songs, she wasn't feeling right up to pace, but she was courageous and said, 'No, let's do it.' — We recorded them and they turned out really well."

I'm so impressed with what she does (on stage), her presence. She seems like an old pro when she gets up there.

— *Bill Ringdal*

When Mandy was a child, she'd sing along to the 90s hits her mom Laraine would play. When she got her first cassette player, she kept singing. She was a country girl. The Judds, Tanya Tucker and Loretta Lynn were still among her favorites.

But Mandy didn't really come to music until five years ago when she picked up a guitar and began writing songs as a way of dealing with her ovarian cancer, which had been diagnosed two years before and had come back for a second time.

She began taking guitar lessons to fill the downtime while recovering from surgery, and "the music just kind of came and then I started singing for whoever would listen to me."

She'd written poetry growing up, but her dad Bill was a little shocked when she started writing her words to music.

"She just picked up the guitar and kind of learned it herself" and (he's writing) I think were pretty good songs," he says.

Though Mandy hasn't yet mastered guitar, she's now over a few hits. Colin Loewenson

of Regina country station CISM is among them.

"A lot of people can sing, but it takes a true talent to be able to write, and her penmanship is top-notch. — She's got the looks, she's got the talent, she's got the penmanship, and boy she is destined for great things," says Loewenson, with whom Mandy did her very first radio interview.

Her father is another fan.

"I can't believe it actually. I'm so impressed with what she does (on stage), her presence. She seems like an old pro when she gets up there," says Bill. "She looks like that's where she belongs somehow to me."

But Mandy prefers a small stage, if any stage at all.

"I'm not the greatest singer in the world, but I love writing songs," she says. "I don't want to be a big superstar. I am content with being on a small stage."

She writes most songs for herself without an audience in mind. Songwriting gives her clarity, it's life therapy.

Continued on Page 8



Mandy Ringdal on stage at her New Year's Eve songwriters circle fundraiser which raised funds for breast cancer fighting cancer. (C) PHOTO: KIMBERLY BROWN

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I really try not to ever let my mind go there because that's a downward spiral. Lots of people have crappy things happen to them. This is my thing. — Mandy Ringdal

PHOTOGRAPH BY JENNIFER L. HARRIS FOR LEADERPOST.COM. STYLING: JENNIFER L. HARRIS. HAIR: JENNIFER L. HARRIS. MAKEUP: JENNIFER L. HARRIS. DRESS: JENNIFER L. HARRIS.



In 2008, Mandy Ringdal's mother and sister died in a car accident, an event in her life she says she will never forget.

She'll sit at the kitchen table in her 100-year-old farm house, where she lives with her boyfriend Ryan O'Connell, as she'll come up with lyrics while driving. Then she'll sit there to music on her laptop & behave as usual.

"My songs are very personal some of them," she says. "I can tell when it's some thing that other people will like or that's just for me."

Some times they're hard.

She wrote "I'm not in the car one day I'll be back" for her sister Lily.

"This is the year that you'll be 20."

And who would you be if you were still alive?

"What would you be like if you were still here?"

Would you look like the girl I see there in the mirror?

When Lily was 16, she was travelling with her mother, brother Luke and his friend when their mother was hit by a truck just a quarter mile from their farm. That July morning in 2006, the boys were going fishing, and Lily and Laverne were headed to work.

Luke spent 10 days in hospital with two broken legs. The other three died of the same.

Ringdal was 10.

She remembers that day in another song, Her Protection about her father.

Her world and his came crashing down,
All they could do was hold each other
As their world went on to the ground.

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"Mom can you get a job here so we can stay here forever?"

Young boy comforted at
Naples, Wisconsin house

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A lot of people can sing, but it takes a true talent to be able to write, and her penmanship is top notch... She is destined for great things. — Colin Lovequist

Mandy is happy to be back home. She's always missed the country and the farm.

The place holds a lot of memories. Mandy recalls one day in the early 1980s at harvest time when Mandy and her brother were waiting for his lunch in the pickup truck. They'd brought the family's old VHS camcorder and videotaped him on the combine.

"At that point in her life she wasn't of a horse so bad and I wouldn't buy a horse," he says. Her commentary on the video gives him a laugh when he watched a few weeks later.

"Circles look good, circles turn to push cash home into home!" he recalls. "She had voices of that combine turning into a home."

The next year Mandy, when Mandy got her Appaloosa, Betty.

Mandy's family found Mandy's sixth reason for returning to his wisdom. She'd been living in Saskatoon since starting studies at the University of Saskatchewan, first for a biology degree, then nursing studies, with a stint in Ontario in the interim.

Even though she commutes the 180 kilometers to Saskatoon several times a week, either for work — she's a nurse at Horizon Laser Vision Centre — or for cancer treatments, she's where she wants to be.

She always yearned to be close to her family. She's neighbors with two of her brothers, Aaron and Clint, and six nieces and nephews. Both brothers are grain farmers, like their dad, who also lives nearby.

When she got sick the next became a need.

Mandy was 38 and in nursing school when she was diagnosed with stage 3 ovarian cancer. She thought she was having a simple cyst removed.

"I woke up from that surgery and they're like, 'You have cancer' — and you're probably going to lose your ovaries. 'It was pretty devastating,'" she says.

Whispering in the word I would ask, I wanted to badly to have chil-



Mandy Lovequist celebrates the laser at Horizon Laser Vision Centre in Saskatoon where she works five days a week. GQ PHOTO BY WENDY LITKE

dren. Especially after my little one had passed away."

She took eight months off school for treatments. Over the next year an oncologist she finished her nursing degree that then the cancer came back.

After several surgeries, six different chemotherapy drugs, and holistic treatments like Reiki, acupuncture, herbs, healing and more

therapy. "We haven't had a whole lot of success."

Her latest trial is a drug that marks on blood vessels to stop blood flow and starve the tumour. She didn't want it named; her oncologist is wary of people thinking it's a "miracle drug."

The spirit is so far it seems to be working. The downside is it's not covered by Saskatchewan, it costs

approximately \$4,500 every three weeks.

She tries not to worry about the cost.

"It's just a waste of energy and more stress that I don't need," she says. "When you're trying to survive, you can't really worry about money."

Luckily Mandy has a lot of support. There's her family, of course,

And then there are the many friends and strangers who've helped her.

Bolger and his partner at Have Entertainment Productions, Wayne Polk, booked a fundraiser for her in November. It featured 11 artists in an intimate songwriters' club style, with stories and songs. It raised \$13,000.

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Don't waste time because life is short. Just do everything you can to not only make your life better, but other people's too, because it's not just about you. — Mandy Ringdal

She's grateful, but it's a hard to take the help. It's all for you, and it's a lot to take in one person, you feel like you don't deserve it."

♦ ♦ ♦ ♦

Her music helps her keep her mind busy, and her life busy. The past year has been a dream.

She made the Top 10 in the CISM Day Country Talent Contest and went backstage at Cabela's Country Jam where she also performed on the mainstage.

Holzer and his wife Terry took her to her first Canadian Country Music Awards in Edmonton in September, where she got up close and personal with some great songwriters and musicians, and learned a lot about the industry.

She spent four days in B.C. in November shooting a music video for "Alone at 25," directed by Stephanie Barbour, which is on YouTube and airing on CMT.

In the video, there is a blind girl watching a No. 11 basketball game. Both she and Lily played basketball in high school there. Mandy's team won gold in 10th grade, the provincial high school basketball championship, in her Grade 12 year.

"She was a tremendous effort," HEE says of Mandy. Her football team also won provincials five years on a row.

When there's no snow on the ground, Mandy's garden keeps her equally busy.

In early November she still had three five-gallon pots of tomatoes.

"As much as I can, I give away," she says. "It's a big space, I pick a lot in there."

Like songwriting, gardening is a form of therapy for her. But it wasn't always so. Mandy remembers having pain on the fifth hour spent shelling them in front of the TV. Feeling sore started a small rebellion.

"You just hate it growing up, you hate all the work, but you love the food though."

She still loves the food. Sweet corn is her favourite, the thing she wants for every year.

"Growing up we always had it. Mom had a huge, huge garden and so that's why I love doing it, and just all those memories and the smells."

♦ ♦ ♦ ♦

Four years after her diagnosis, Mandy holds on to hope — it's why she shares her story.

"I want people to know there's so much good in life, so don't dwell too much on the crappy stuff," she says. "Don't waste time because life is short. Just do everything you can to not only make your life better, but other people's too, because it's not just about you."

At age 18, with the hard lessons she's been dealt, she keeps perspective. "Why me?" Mandy enters her conscious.

"I really try not to over let my mind go there because that's a downward spiral. Lots of people have crappy things happen to them. This is my thing."

Despite the troubled times she's going through, she's just got this very infectious spirit," says Lovegood of Ringdal's positivity. "She's just so approachable and lovable and she's just got this end look on life that everybody needs a piece of."



Mandy Ringdal made the Top 10 in CISM's Day Country Talent Contest and performed on Cabela's mainstage. QC PHOTO BY MICHELLE PERG

NEXT WEEK: How does your Christmas Day usually play out? What's the best part? **Email** QC@leaderpost.com

® PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How did you stay in shape during pregnancy?



"I didn't stay in shape at all. I had a wonderful time eating and relaxing. The nurses at my new 12-week prenatal clinic told me I was in the best shape I could be in on long walks with her in the stroller and doing squats (holding her for extra resistance). I'm not back to my pre-pregnancy weight and I don't care either. I'm proud of the baby I have and what it has given me — my beautiful baby girl!" — *Suey G.*

"I walked everywhere! Everyday I didn't give in to every craving (I said no to a lot of that stuff) —" *Ashley Kallan*

"I exercised three times per week and later 10 km once a week. However, when I got pregnant I got very sick in the beginning. Once the morning sickness subsided, I then had no energy and gained a lot of water weight (I used to run with lots of water weight at a VERY hard pace you guys). So with my past two pregnancies I generally stopped exercising (the running and biking) and rest lots. Then I picked it back up after the baby came. It's relaxing to take the time off!" — *Amanda Meeker*

"I drank tons of water!" — *Page Lily*

"I didn't get into cardio at all, but other than that I didn't do anything special to stay in shape during my pregnancies!" — *Michelle Groszicki*

"I didn't do anything different. I just gained a ton of baby weight when I delivered!" — *Judy S.*

"For my first pregnancy I continued doing my aerobic exercise routine as normal and switched to Jane Fonda's Pregnancy Workout when I got further along (shows my age). With the second (third and fourth) pregnancies and because of the other kids, simply kept my routine. When I had time for purposeful exercise programs? Besides, I remember trying to do floor exercises and backbends couldn't get over me. Just staying active with the kids and doing housework seemed to work!" — *Debbie Plummer*

"My focus in activity was walking around Wisconsin Lake (in Oshawa). It's a long enough distance, but never feels like it since there's a lot to look at. Plus the kids loved the beach and grass. And when I would remember I would do squats in between playing Gups or with play dough. Running after two other kids counts too, right?" — *Alyssa Carmichael*

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CITY NEWS

HOLIDAY GOOD WILL

Giving your time during the holidays and beyond

By Jenn Sharp

If you're looking for ways to give back this holiday season (and not by putting another present under your tree), a number of Regina organizations are looking for help this week and beyond.

Volunteering is a fantastic way to make a personal connection. Witnessing a hot meal's impact on a homeless person or a hefty rub for a stray cat brings the message home. If you've given money in the past, this is your chance to see how it's used and valued. But giving money doesn't work for everyone, giving time can be an option though.

Here are a few options in Regina during the holidays, but more importantly year-round. After all, the need doesn't cease to exist once the calendar flips to January.

REGINA FOOD BANK

The food bank is currently distributing about 15,000 holiday food hampers and volunteers are needed to assist with this until Dec. 31. In addition, the food bank co-ordinates the distribution of the Salvation Army's holiday hampers.

The food bank receives about 30,000 pounds of donated items each month. The donations increase during the holiday season; therefore, volunteering in January is huge. Help is appreciated after the holidays are over too.

"It's a challenging period where we've received the generosity of all the donations but we still need help to get them all sorted and put away and sent into hampers for the community," says Regina Food Bank CEO Steve Goupin.

Apart from sorting donations and packing hampers, there's a range of other volunteer opportunities, like loading a truck during evening events for the food bank boxes or as an evening phone.

To book a time, call volunteer coordinator Lori Williams: 366-966-6880.



Students from the Regina Christian School help sort tops at the Regina Food Bank. GC PHOTO BY TROY FULTON

CARMICHAEL OUTREACH

Carmichael Outreach provides a range of services, from art programs and children's groups, to needle exchanges and a used clothing depot.

On Dec. 27, the centre hosts its annual Christmas dinner with turkey and all the fixings. Because space is not available for set-ups, volunteers are needed to help pack up the dinners for patrons to take home. Close to 300 dinners are prepared on Thanksgiving and staff is expecting a similar amount will be needed this year.

The outreach also needs volunteers as a regular basis to help sort clothing donations and stock the clothing depot.

If you're interested in volunteering, call 366-707 ext. 222.

BOULEVARD RESCUE

SENIORS

Boulevard offers food, clothing, shelter and recovery programs for those living in poverty and/or struggling with addiction. It's a popular spot for volunteers. Opportunities usually fill up by the beginning of December, but co-ordinators like to book people into January and February as these volunteer hours are hard to find in the new year.

The soup kitchen is open Monday to Friday throughout the year. Ten to 15 volunteers are needed each day to serve the evening meal. People can always help with the various events and projects. Book Boulevard volunteers, like New Clothes for the New Year on Jan. 6. Volunteers are also

needed at the annual fundraiser on Feb. 10, 2012.

Volunteers can also help out at the youth centre with programming, on the dog care and in the care home to provide support for women overcoming addictions.

July and August are the busiest times of year to find volunteers though, so if you're able to set aside a day or two in the summer, your time will go far.

Visit the website for a listing of volunteer opportunities: www.bvrdrescue.org or call 366-0330/01.

REGINA HUMANE SOCIETY

If you'd love to help out a four-legged creature, the Regina Humane

Society is always looking for volunteers.

However, everyone is required to participate in a 90-minute orientation that includes a tour of the facility. Orientations are held until the end of January.

If you're looking for somewhere to teach your children the value of giving back, this is a good bet. It's one of the few organizations in Canada to accept volunteers as young as age 10 (when accompanied by a parent) to work with the adoptable cats. Once a child reaches 14, he or she can go it alone. All 18 youth can work with the adoptable dogs.

Visit www.reginahumanesociety.ca where you can apply as a volunteer online.

INVENTORY

We want to hear from you: Tell us about your local business.
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MABEL AND MARTHA'S VINTAGE STYLE DECOR

Despite high ceilings and exposed brick, this old warehouse shop feels cozy, calm and welcoming. That's just how Dorene Nelson and Karl Brink wanted it to be.

The co-owners of Mabel and Martha's Vintage Style Decor have created a charming gift and decor store. After years of dreaming and planning, they opened last month. As they reflect the seasons in their inventory, visiting now will put you in the Christmas spirit. Among the winter style, antique and repurposed furniture and clothing are some beautiful holiday decorations.

Visit Mabel and Martha's Monday to Saturday at 1936 Dewdney Ave.

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QC PHOTOS
BY BRYAN SCHLESIER



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TWO WAY'S DISCOUNT \$17,480

COSTCO \$1,000

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COSTCO REBATE \$1,000

SALE PRICE \$50,499

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4.7L Turbo Diesel Audio, Fully Loaded including Limited Slip, John Deere, Navigation, Backup Camera, Trailer Tow Package, Power Moonroof and More

RETAIL: \$74,300

TWO WAY'S DISCOUNT \$8,810

COSTCO REBATE \$1,000

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FRIENDS OF FOES

Humorous indie band takes music seriously



Friends of Foes is (from left) Nova Bachler, Matt Stone, Collette Nicholson and Kasean Stretch

By Angelina Irtinici

Saskatoon band Friends of Foes (sans bassist Nova Bachler) create a smile with their covers at a Broadway coffee shop during an interview. Collette Nicholson (vocals), Kasean Stretch (drums) and Matt Stone (guitar and harmonies) all order drinks and Stretch's order of a tall glass of milk in the topic of conversation. This is just one of the humorous subjects that comes up while hanging out with Friends of Foes. It's like being at a coffee shop with your goofy friends from high school. Stretch being the class clown. Stone the fearless leader and Collette the sweet girl who puts

up with the boys' antics. They make a good team and an even better band.

"We've had more of a reaction with this band than I've had with any other groups. It just took off," Stone says, adding that when the band first performed at an open mic night, they got two encores.

"As a musician I never expected to be this appreciated, I guess, and I've been kindly teased because of it. I'm nervous!" Stretch adds, remarking that band mates everything he says isn't always a joke.

Although all members of Friends of Foes are under the age of 30, they're seasoned musicians. Both Stone and Stretch teach music and

Bachler is currently studying music at the University of Saskatchewan. All three have been involved in music basically playing with a few different groups at any given time. Nicholson, who's never been in a band, is studying drama at the U of S and has a background in musical theatre.

"Pretty much from day one it was just a prob to do as much and take as everything we learned from all our previous projects — all of the mistakes we made — and really apply all of the good, positive things we learned," Stone says.

Stone and Stretch play in another band together. About a year ago Stone wrote some guitar riffs that

didn't fit the band's punk sound, so he approached Stretch to start a new group. They created two lists — one of potential bassists and one of their hopes for a lead vocalist. Bachler and Nicholson were on the top of both of these lists, they liked Bachler for his unique sound on bass and the grit and scope in Nicholson's voice. It's been about a year since Friends of Foes was formed and in that time they've played numerous shows, released two singles and they will have a CD release party at Vapeurs in Saskatoon on Boxing Day. They have plans to tour Saskatchewan and Alberta in the New Year.

The group doesn't follow a strict

IN THEIR OWN WORDS

QC got the band to play a little game. The group went around the circle, each saying one word to sum up the band: "The band called Friends of Foes is awe-some-tastic! However, there are things that we can surprise ourselves with. We touch hearts with our tender music!"

writing process, but everyone pitches in at different times with different ideas. Nicholson writes most of the lyrics but in the end it's a group effort.

"(I write about) life experiences, which is what everybody says. A lot of songs have to do with my life, but also a lot of the songs have to do with other people and the things they've told me," Nicholson explains.

The group has discussed the band's ultimate goal, and it's agreed that they'll go as far as they can — playing in Friends of Foes professionally would be the best case scenario.

"We'd hop on the change to at least give it a shot," Stone says.

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website: www.stpaulsangelina.com

Worship leader is, in bold

December 27th -

9:00 a.m. & 10:30 a.m. Worship

Christmas Eve - December, December 25th

9:00 p.m. Procession to the

Cribche & Eucharist

9:00 p.m. - Carols of Christmas &

Choral Eucharist

Preacher - The Very Reverend

Michael Tucker

Christmas Day - Wednesday,

December 25th

10:00 a.m. - Choral Eucharist

Worship - The Dean

NO Sunday 9:50 on December 27th

Sunday, December 28th

9:00 a.m. - Eucharist

10:30 a.m. - Choral Eucharist

Worship - The Dean

Windsor-Metropolitan United Church
2340 Victoria Avenue at Lorne Street
"Dedication to Purpose"

Friday, December 25 - Interimment

Service, Chapel, 4:30 p.m.

"Christmas With Us" 7:30 p.m.

Worship, Anglican Choral Choir

Sunday, December 27 - Worship

Service of Lessons & Carols, 10:30 a.m.

Sunday, December 28 - Christmas Eve

Family Service, 7:00 p.m.

- Christmas Eve Candlelight &

Communion, 10:30

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Director of Music: Neil Gouden



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Minister: Darrell Reine

Director: Tom Magnuson

December 22 - Children

leading worship 10:30

Candlelight Concert 7pm

December 24 - Christmas

Eve 3pm & 7pm

Broadway United Church



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Regina, Sask.

306-303-1026

www.broadwayuc.ca

Worship leader

December 12, 2013

9:30 a.m. - Christmas Service

Sunday,

December 21, 2013

9:30 a.m. Christmas Eve Service

LAKEVIEW UNITED CHURCH

3206 McCollum Ave
www.lakeviewchurch.ca

Advent Service and Youth Church

Sundays 10:30-11:30

Dec. 24 - Christmas Eve Family

Service 7:00 pm

Candle Service 11:30 PM

Carle Church - Every Wednesday

5:00-7:00 pm meal, music

and prayer

For more info, visit our website.

BAPTIST CHURCHES



Faith Baptist Church

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(306) 586-3444

www.fbcmrgina.ca

Tuesday, December 24th

at 6:00 p.m.

Christmas Eve Candle

Light Service

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Regina Apostolic Church
Christmas Eve
Candlelight
Services

December 24th - 7:00 p.m. & 9:00 p.m.
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www.reginapostolic.ca
Facebook: www.facebook.com/reginapostolic

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December 24:

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Christmas Eve Family 7pm

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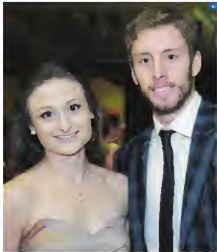
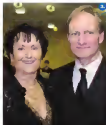
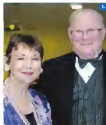
SE corner at Albert & 14th

COME JOIN US

ON THE SCENE

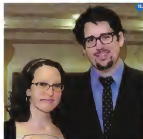
View more On the Scene photos at
[Facebook.com/QCRegina](https://www.facebook.com/QCRegina)

SILVER BELLS BALL



ON THE SCENE

#SILVERBELLSBALL



1. Jazz music and ballroom dancing — it doesn't get much more festive than this. At the Silver Bells Ball on Dec. 14, the Conexus Arts Centre was topped with the sounds of the Bell Music Big Band and the moves of Bell Ballroom Dancing Club members. Cocktails and dinner kicked off the evening.

2. Denna and Erwin Jones
3. Margaret Clarke and Colin D'Souza
4. Ben Reynolds and Daniel Cross
5. Elise and Jim Tavis
6. Chris McKenzie and Tinsley Bodnaroff



7. Cheyenne Boehm and Josh Royl
8. Carol and Bruce Sheldon
9. Sean Rossman and Joann Paulson
10. Denna and Tyler Granger
11. A buffet meal kicked off the Silver Bells Ball
12. Helen Rud and Jason Bailey
13. Dan and Sandra Woods

QC PHOTOS
BY MICHAEL BELL

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FASHION

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SASKATCHEWAN STYLE

Kaitlin Beck: Staying true to yourself through fashion

By Angelina Irimaci

Kaitlin Beck isn't afraid to be herself when it comes to fashion. The graduate of Saskatchewan's Academy of Fashion Design dresses for herself — not for labels or certain styles. This includes her all-Canadian T-shirt from Forever 21. Some may see it as a flesh-tonable, fun graphic T-shirt, but Beck deeply believes in the message.

"I feel like it's a message that maybe some people would judge — or not — but I wear it proudly because I think there's so many young kids that are affected [by suicide] in our city. It's my way of being supportive in a fashionable way, which is what I love," Beck says.

The same pride goes for the rest of her wardrobe, and she isn't picky when it comes to style. While she says some people might classify her look as "hipster," she loves dressing up in feminine looks but also likes athletic and casual clothing too.

"I love high-end things. I like second-hand things. I'm really not a pretentious dresser. I just wear what's comfortable to me and what makes me feel good."

Beck sees fashion as a part of her — she appreciates colours, patterns and fabrics. While going to design school she learned how to sew, custom draft and style. While she doesn't do as much sewing now while at her retail job, she loves styling and hopes to one day either open her own business or work as a stylist. She is worked fashion shows and loves the high-energy backstage, the uniqueness of each designer and the amount of variety fashion offers.

Clothes have always made me feel better," she says. She encourages others to be confident with their own personal style and to have fun with their wardrobe.

"Be confident and do what you want when it comes to fashion because that's an aspect in your life where you can generally do whatever you want and express yourself that way."



Outfit:

- 1. SWEATSHIRT:** Forever 21 "It's a fun way to wear a graphic T-shirt but with a message that I actually do stonergy"
- 2. SWEATSHIRT:** Forever 21 "It's a fun way to wear a graphic T-shirt but with a message that I actually do stonergy"
- 3. SWEATSHIRT:** Forever 21 "It's a fun way to wear a graphic T-shirt but with a message that I actually do stonergy"
- 4. SWEATSHIRT:** Forever 21 "It's a fun way to wear a graphic T-shirt but with a message that I actually do stonergy"
- 5. SWEATSHIRT:** Forever 21 "It's a fun way to wear a graphic T-shirt but with a message that I actually do stonergy"
- 6. SWEATSHIRT:** Forever 21 "It's a fun way to wear a graphic T-shirt but with a message that I actually do stonergy"

Kaitlin Beck sees fashion as art and encourages others to be confident in their wardrobe choices. QC PHOTO BY MOELLE REIS

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email QC@leaderpost.com

REGINA'S BEST SPACES

It takes a child to raise a village

By Ashley Martin

WHO? Mary Langford and her husband Don.

WHAT/WHERE? The Christmas decor in their east Regina bungalow—most importantly the tiny town Mary has built over the years, which just keeps growing.

WHEN? It all started 14 years ago when Mary got her first piece, a bakery. Since then it has expanded to include 67 others.

HOW? As avid bakers, Mary stumbled upon the idea about baking in 1997. “I thought, ‘Well I could fix that,’ so a little bit of whimsical and pencil became the Langford bakery.”

The display grew from there. She collected a few pieces (most are German from Sears) every year as she’d find ones that spoke to her journey. There’s a tea room and Wagner’s Music Shop.

Then her grandchildren got on board. They are the reason she’s expanded the village to such a degree.

She has a school for each of the four children plus pieces that reflect their interests. Her oldest grandson has emergency services covered — a fire station, a police station and a hospital are his. Her granddaughter who dances has a ballet studio.

There are all in the urban display the rural on the table across the front room includes a ski lodge and a Christmas tree lot.

The village has a strong base thanks to Don, who built a table from around it that proves to accommodate the many cards — “It’s an electrical nightmare under there,” says Mary.

Over the six hour setup and takedown they were removed from the storage boxes. But Langford is frequent, a Norman Rockwell two-story blue house dubbed “Freedom of Word” always finds a prominent spot on the top tier of the display.



SPACES

"That's kind of the ultimate desire... freedom from what they have everything they need, they have enough stuff, enough food."

Each piece has meaning, some goes for Meg's Christmas tree. Her ornaments include one from 1957, a gift from her Grade 2 teacher. Many are from trips to places like Hawaii, Disneyland, the Mountains, Nashville and Alaska. Each of her grandchildren are represented as well, by ornaments with their names and ages that they've made.

"The tree and the village is what makes it special for our kids and grandkids."

WIFT The theme of the Christmas village dates back to Meg's childhood. Each year around Christmas time she'd visit the Simpsonville Santa window display in downtown Regina, a sight to behold.

There were near-life-size figurines, and a train would run through the storefront scenes.

Meg loves the imagination her display elicits, the people shopping and kids playing. She loves the way it inspires her grandchildren to play as well.

"You can see their thinking and it's twinkling and that is the whole purpose of it," she says.



OUTSIDE THE LINES

*It's the season
to be kind*



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to gothelmerpost.com by Friday at 9 a.m. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Yousang Hwang**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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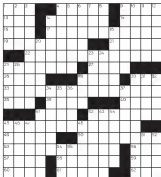


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1. Bismillah's in the sun
4/9 Across boy
6. Company founded by a 19-year-old Swede
13. Young leader
14. Cloy of love or vanity
15. Housewife's perch
16. Footnote
17. Recipe instruction #1
18. Film and snail
21. Tong of "bat"
22. Recipe instruction #2
23. Denial of an infomercial
27. Handless entry
28. Slays the rhymer
29. Number of peds in a 100-ton
30. U.S. medal
33. Recipe instruction #3
36. Teen crush's moniker
39. Girl Liza's repeating moniker
40. Riffy
41. Seller's usual
42. Insurance item
43. Recipe instruction #4
44. Thin's verb
50. Index unnecessary
53. Recipe instruction #5



34. Teen crush's moniker
39. Girl Liza's repeating moniker
40. Riffy
41. Seller's usual
42. Insurance item
43. Recipe instruction #4
44. Thin's verb
50. Index unnecessary
53. Recipe instruction #5

DOWN

1. Gem of a girl
2. Ditch who played (Gatsby)
3. Squash TV box

4. Bismillah's in the sun
5. Army (Golf) time of day
6. Company founded by a 19-year-old Swede
7. Young leader
8. Cloy of love or vanity
9. Housewife's perch
10. Footnote
11. Recipe instruction #1
12. Film and snail
13. Tong of "bat"
14. Cloy of love or vanity
15. Housewife's perch
16. Footnote
17. Recipe instruction #1
18. Film and snail
19. Tong of "bat"
20. Cloy of love or vanity
21. Tong of "bat"
22. Recipe instruction #2
23. Denial of an infomercial
24. Cloy of love or vanity
25. Housewife's perch
26. Footnote
27. Handless entry
28. Slays the rhymer
29. Number of peds in a 100-ton
30. U.S. medal
31. Teen crush's moniker
32. Girl Liza's repeating moniker
33. Riffy
34. Teen crush's moniker
35. Girl Liza's repeating moniker
36. Teen crush's moniker
37. Riffy
38. Seller's usual
39. Insurance item
40. Recipe instruction #4
41. Thin's verb
42. Insurance item
43. Recipe instruction #4
44. Thin's verb
45. Index unnecessary
46. Recipe instruction #5

#JANIBIC CLASSIC SUDOKU

Level: Gold

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



PUB. LIT. & ARTS DIVISION

37. "The Red Tree" author (Barnett)
38. Items at a "barnyard"
39. "Gears" in product names
40. "Gears" in product names
41. "Gears" in product names
42. "Gears" in product names
43. "Gears" in product names
44. "Gears" in product names
45. "Gears" in product names
46. "Gears" in product names
47. "Gears" in product names
48. "Gears" in product names
49. "Gears" in product names
50. "Gears" in product names
51. "Gears" in product names
52. "Gears" in product names
53. "Gears" in product names
54. "Gears" in product names
55. "Gears" in product names

Solution to the crossword puzzle and the Sudoku can be found on Page 29.

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SHARPEATS

SASKATCHEWAN FOOD SCENE

Breaking the boring hotel mould

By Jenn Sharp

Hotel restaurants are not always the best choice for dinner.

Guest rooms and creature comforts can take main stage while the food is an afterthought. For that reason, most don't think about a hotel restaurant for a night out. Chef Geoffrey Cassel/Murphy wants to change that.

The executive chef at the newly (and splendidly) renovated DoubleTree by Hilton Hotel in downtown Regina supports the farm-to-table concept. The menu is full of Saskatchewan ingredients partners as close as a range of provincial farming and production businesses.

What's more, the food tastes awesome. There's nothing too out of the ordinary here — you can take your romantic far lunch in a booth beside soaring windows or your date for dinner in the gold-trimmed lounge — both will find something to their liking.

The Nova Scotia-born chef has been in Regina for five months. He's worked for Silverthorn Hotels & Resorts for 19 years, in kitchens in Ottawa and Halifax. When a spot opened up in Regina, he contacted his wife Cynthia. I haven't met her, but judging by her response, she and I would get along. "You know what? I'm here for an adventure again," she told him.

While the adventure isn't starting during the lost-time weather-run (Cynthia will move to the Queen City in January with the 16-month-old), Cassel/Murphy had no problem farming local food partnerships to support his menu.

For me, it's an easy decision to support local," he says.

Mild Sage enters to the downtown kitchen crewed with a diverse buffet for breakfast, lunch and dinner. A breakfast buffet is also available and the decadent breakfast brunch tradition (for which the former Regency Inn was famous) will be continued.

The lunch menu is a simple map of the staples — burgers, sandwiches



The perfect ending to any dinner: Wild Sage in Regina. Cassel/Murphy's cream butter topped with strawberries and raspberry cream. QC PHOTO BY TONY FLISSE



Ancient salad of arugula, cherry tomatoes and bocconcini cheese (top) at Phoenix Garden (bottom) from Wild Sage in Regina. QC PHOTO BY TONY FLISSE

and salads — all with a focus on fresh ingredients and quality. The dinner menu is more expansive.

The permy appetizer and fish cake stand out for me. The latter is based on a popular Nova Scotia salt cod fish. To make it local, Don Lake whitefish is blended with potatoes, celery onion and fresh dill. It's all baked in a fish dish with a dusting of bread crumbs and cheese, with a burnt ketchup and dill cream sauce.

The perogyas are Cassel/Murphy's recipe and are made by Aunt

Kathy's, located north of Saskatoon. Filled with a three-year aged white cheddar and topped off with bacon jam, caramelized onions and a brown butter sauce, these are melt in your mouth delicious.

Cassel/Murphy is hoping to do his own catering and preserving next year to sustain the hotel's menu as long as possible throughout the winter.

A new hotel during options in downtown Saskatoon is located with in the fabulous Holiday Inn across

See a food trend you think deserves a highlight? Email QC@leaderpost.com or Tweet us @QCRegina



Wild Sage's home-made perogies (left) with three-year aged white cheddar and topped with caramelized onions and brown butter sauce. QC PHOTO BY TONY FLISSE



The Hub's best salad with a fig balsamic vinaigrette and golden salmon. QC PHOTO BY JENNA SHARP



Crescendo Shrimp from The Hub at Saskatoon is shown from Holiday Inn QC PHOTO BY JENNA SHARP

from TCU Place. The Hub's food is possible — I suggest people come more for the cocktails and people-watching. I love the lounge. Small two-story tables flank the floor-to-ceiling windows while welcoming wooden beams tie the room.

It's a place to sip a Manhattan while awaiting the opening of the symphony across the street and sharing a plate of the generously portioned Frodo and the Greenery.

www.thehubregina.com
Photo credit: Jenna Sharp

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

* **JAMES DASCHUK**

Clearing the Plains

Twenty years ago, I set out to find the origins of the gap in health and life expectancy between First Nations people and mainstream Canadians. My book *Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life* is the result. I expected to find the horrific impact of measles and other "Diseases of the West" diseases on the previously untouched communities of western Canada. Those epidemics took a terrible toll from their first outbreaks in the early 1950s to the 1970s, shaping the aboriginal societies and where they lived.

What I didn't expect to find was what came next. As kids we all learned that the "National Policy" and the Canadian Pacific Railway were the plan that kept the Doms-

see together, setting the stage as to become the breadbasket of the world, Canada's "National Dream." Though, was a nightmare for the treaty population of the west. It was less than a decade, broken, starving communities went from being some of the richest people in the world (because of the high quality of their land) to a population so sick they were thought to be devoured as people.

The Cree who negotiated Treaty 6 knew that the time of the great famine had passed. In addition to helping with the communities in farming and the promise of a medicine chest on each reserve, the Dominion government agreed to provide food aid in times of crisis. Two years later, the losses disappeared. Rather than acting in good faith, Canada negoti-



James Daschuk

ated on the future to subjugate the aboriginal population and effectively eliminate much of the region clearing the way for the CPR and the constant flood of immigrants. For years, officials controlled access to food, even to the point that refugees refused while being kept from the hungry

The Prime Minister boasted in parliament that those as refugees were kept on the brink of absolute starvation to control the expense of keeping them. The result was sickness and death for thousands as tuberculosis spread through the weakened population.

During the famine years, Sir John A. Macdonald was both the Prime Minister and Minister of Indian Affairs. He personally oversaw Canada's response to what was arguably the worst preventable humanitarian crisis in our history. The indigenous population of our province has never recovered from this policy that opened the region for our settler ancestors.

My book is available at all the independent bookstores and online at www.daschuk.ca



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EVENTS

MUSIC

Wednesday, Dec. 18

Wednesday Night Folk: The Regins Male Voice Choir
Bushwicks, 2205 Dewdney

Jam Night
McAulley's, 2226 Dewdney Ave.

Country and Christmas with the Garkins
Casino Regins Show Lounge
8800 Saskatchewan Dr.

Thursday, Dec. 19

Rory Allen
"If Every Day Was Like Christmas"
Unleash to Chris
Casino Regins Show Lounge
8800 Saskatchewan Dr.

Fly Points, Buffalo Narrows
McAulley's, 2226 Dewdney Ave.

Woolerland
The Pump, 661 Victoria Ave E.

Friday, Dec. 20

Michael & Madeline
McAulley's, 2226 Dewdney Ave.

Big Chill Friday
The Unicorn, 4529 Gordon Rd.

Rory Allen
"If Every Day Was Like Christmas"
Unleash to Chris
Casino Regins Show Lounge
8800 Saskatchewan Dr.

Library Veterans, Chase Valley
The Exchange, 3431 Eighth Ave.

Woolerland
The Pump, 661 Victoria Ave E.

Saturday, Dec. 21

Michael & Madeline
McAulley's, 2226 Dewdney Ave.

Rory Allen
"If Every Day Was Like Christmas"
Unleash to Chris
Casino Regins Show Lounge
8800 Saskatchewan Dr.

Paidance presents E-Extreme Gold
The Exchange, 3431 Eighth Ave.

Woolerland
The Pump, 661 Victoria Ave E.

Monday, Dec. 23

Monday Night Jazz & Blues
"I'm Dreaming of a White Christmas"
Blues & Christmas
Bushwicks, 2205 Dewdney

Tuesday, Dec. 24

Jam night
8 p.m., Woodco, 3032 Park St.

ART

Passages
Terry Fialak and Laura Hale
Until Dec. 26, Myriam's Gallery,
2706 14th Ave.

Our Town: Regins show and sale

A group exhibition and sale of artwork depicting Regins scenes from a wide range of Saskatchewan artists
Until Dec. 30, Haput Gallery,
Central City Centre, 1843
Harrison St.

Shrinking Our Communities Together
Until Jan. 5, Mackenzie Art
Gallery, 3433 Albert St.

Saskatoon Holiday Exhibition
Until Jan. 15, Saskatoon Art Gallery,
2203 10th St.

The Professional Native Indian Artists Inc.
Until Jan. 13, Mackenzie Art
Gallery, 3433 Albert St.

Clint Neufeld: The Chandler, the Thompson, the Phoenix, the Greyhound and My Grand-nephew's China Cabinet
True light-beds of intricately cut black kiln vinyl depict the story of a boy-farmer-man
Until Jan. 15, Dunlop Art
Gallery—Sherwood Village
Branch, 651 Woodside Blvd.



There will be more snow, but just as much fun for Paidance's "Extreme Gold" Christmas party this weekend. (QC Photo by Michael, 10.)

Free Life Twice
Tami Campbell and Marc
Couture provide a private art
technique of bronze foil—
"fooling the eye"—in paintings
and sculptures.
Until Jan. 19, Dunlop Art
Gallery—Central Branch, 231-
12th Ave.

**Northwest Document Impres-
sioning Meo**
Until Jan. 26, Art Gallery of
Regins, 181 Salford Circle Arts
Centre, 3430 10th Avenue St.

**Beyond Fiberglass: The Mount-
ed Police in Art**
Until March 31, RCMP Heritage
Centre, 5907 Dewdney Ave.

**The Artists of Scott Nichol-
son Fine Arts**
New exhibitions starting
Until July 31, 2014, Regins Cen-
tre Crossing, 1621 Albert St.

Aurabelle Gallery
2246 Smith St., Open Tuesday
to Friday 10 a.m.-5 p.m.,
Saturday 10 a.m.-5 p.m.

Neonway Gallery
2145 Albert St. Open Tuesday
to Saturday, 10 a.m.-5 p.m.
Saskatchewan Science Cen-
tre, 2163 Powerhouse Bld.

COMEDY

Peas The Hat
Dec. 20, 9 p.m.
The Club at the Exchange
3431 Eighth Ave.

Comedy Jam
Every Saturday night
Sabbath, 2244 Dewdney Ave.

THEATRE

The Nutcracker Ballet
Class Art Studios
Dec. 19, 10, 11 and 12:30 p.m.
Common Arts Centre, 200
Lakeshore St.

Sleeping Beauty
Until Dec. 29
Globe Theatre, 1801 South St.

Adult Night at the Science Centre
Enjoy the Science Centre

without children around
Until Dec. 16, 5-9 p.m.
Saskatchewan Science Cen-
tre, 2163 Powerhouse Bld.

Regins Farmers' Market
Dec. 19, 9 a.m.-1 p.m.
10 of 6000 Centre Multi-
Purpose Room

High Tea
Dec. 19-21, 2:30-4 p.m.
Hotel Saskatchewan, 2025
Victoria Ave.

10 of it track and field
Friendship Games
Dec. 21, Regins-Parkhouse,
1777 Ephraim St.

**McMorris & McMorris Fund-
raising gala in support of**
Jumpstart
Dec. 18, 6 p.m.
Civic, 1503 Victoria Ave.

NEW MOVIES

Anchorman II: The Legend Continues
Comedy
Sam Diner's Taprooted Televi-

on (Don Pardo) (Will Ferrell) takes New Year's
First 24-hour news channel
to the next. Also back for more
are Harris co-anchor and wife
Victoria (Christina Applegate),
weather man
Chuck (Steve Carell),
man on the street Brian
Farrar (Paul Rudd) and sports
guy Chris Kell (David
Koechner).

Walking With Dinosaurs

Family
Recent dinosaurs and a
breakthrough in technol-
ogy will introduce dinosaurs
that are more real than ever,
putting moviegoers in the
middle of a thrilling prehistoric
adventure.

Serving His Bunko

Drama
When Walt Sloney tries to buy
the rights to her novel Mary
Popkins, author Pat, Travels
(Genevieve Thompson) travels
from London to Hollywood to
discuss the possibility.

Inside Lunge's Deeds

Drama
Despite being extraordinarily
talented, Hollywood script-
writer Lunge's Deeds (Drew
Baker) plans to spend ethi-
cally and small price in New
York City & West Coast as
the struggle to make it. A cool
brothers film.

Galaxy Cinema
4200 McLeod Blvd. N.
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Cinemas Odeon
Saskatoon Mall Cinemas
3020 Gordon Rd. 356-585-
3363

Regins Public Library Theatre
3431 12th Ave., 356-717-6164

Kinross Theatre
2163 Powerhouse Dr.
356-523-4529

Rainbow Cinema
Golden Mile Shopping Centre
3550 Albert St., 356-359-3250

@ ASK ELLIE

Hosting relatives means putting up with minor annoyances

Q: My husband's brother, with his wife and son, came here for a month two winters ago. I lost the will to my scarf. When they went home, I emailed her about my scarf. No reply.

Now they're returning soon, and I emailed her again regarding my scarf. I've also politely requested her to bring some of our stuff that we'd left there. Again, no reply.

All my emails were sent to my brother-in-law whose email address is actively being used (he'd emailed my husband to pick them up from the airport, which he'd do). My husband is there every week when they're here. On several outings, they never volunteered to pay for our meals.

I come from a country where the host is expected to treat the guests. However, when people stay for a long period, I think they should also contribute their share of the expense as I think not doing so is taking advantage of the host.

Also, my brother-in-law is so laughably ill-briged that they spent so much time being here. He commented that our TV is already old.

Ask Ellie



quarantined only a few months prior.

When they return, should we confront them regarding their behavior, or just talk to the daughter?

Should I email again? Should my husband still pick them up from the airport? Their daughter is also picking them up (but they need a second vehicle for baggage).

Answered in 100

A: Consider your scarf gone. It's been worn for two years, already.

More important, consider your feelings and the whole concept of these visits. Then, talk to your husband about it.

There are certainly small annoyances here, but bigger ones. These people presumably visit to

maintain a family connection. Has staying with their daughter been considered, or is staying with you the only alternative?

Their travel costs were mentioned as he spent too — when outings are discussed, state which ones are expensive and need to be shared. You're already hosting their accommodation and home meals, so it's fair to raise this for restaurants and events.

Beyond these relatively small matters, think through what this family connection is about. You've visited them; they visit you.

Q: My husband suffers from a debilitating skin condition that causes him a lot of pain and sleepless nights.

His dermatologist has prescribed creams and medications that treat inflammation but create other symptoms like hives.

Last year, he found that drinking liquor, along with taking the skin medicine before sleep, helped him sleep better and longer.

He's since been drinking several glasses of hard liquor nightly. We're

both concerned that it's becoming a habit.

His doctor says there's no cure for his skin condition — almost certainly developing alcohol dependency. We've sought second opinions with no satisfactory answers, either.

Should we just accept that he'll become alcohol dependent? We're also concerned that if he enters a program like Alcoholics Anonymous he'll be unable to ever drink again, which we don't think is the answer either.

Worriesome Habit

A: Incessant pain and sleepless nights are all concerning, but alcohol dependency takes its own toll on health, including liver disease.

Get referred to a pain specialist. There are pain management clinics that deal with many conditions and causes. Also, some alternative medicine approaches may work, such as acupuncture.

And medical marijuana, which requires a doctor's prescription for dispensing and also has some side effects to consider.

Don't give up the search, despite frustration. His alcohol consumption

should be lowered as soon as possible.

Q: I'm a woman, 46, who left home at 16 to pursue an education.

When I visited last year, my mother and I couldn't drive, cook, or bake. Yet I've never had an accident and when I cook and bake, I've never had a complaint.

On my birthday I called my mother, who asked, "Do you see how many happy birthdays you can get?"

I've done to visiting them all off. They always expect me to call them. They live halfway across the country and always visit when I'm coming back home. I've decided to never return. I feel like an outsider there.

Should I tell them I'm no longer going to be their "pushing bag" or give them another chance?

Not Homeick

A: I suspect they've always felt left behind, not having the opportunities that you've seized, especially in this financial time. Try to brush it off, by understanding them, and knowing how satisfying your life is.



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